

What can you do

**if you or someone
you care about is
a victim of rape or
sexual assault?**

**call the
VERA HOUSE
24-hour CRISIS &
SUPPORT HOTLINE:**

☎ 468-3260
(domestic violence)

☎ 422-7273
(rape & sexual assault)

This project is supported by Grant No. 2006-FW-AX-K015 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication are those of the authors and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

funded by:

New York State Crime Victims Board
New York State Department of Health



Onondaga County
State of New York
Private Donations

resources

**Vera House
24-Hour Hotline**
☎ 315-422-7273

**TTY Crisis Line
business hours**
☎ 315-484-7263

**R.A.I.N.N.
Rape, Abuse & Incest
National Network**
☎ 1-800-656-HOPE
www.rainn.org



SEXUAL ASSAULT

**You are not
alone**



24-HOUR HOTLINES

☎ 315-468-3260

☎ 315-422-7273

Vera House, Inc.

Administrative & Outreach Offices

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Syracuse, NY 13206 •
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www.verahouse.org •



What is rape?

What is sexual assault?

- Rape is forced sexual intercourse.
- Sexual assault is any other type of forced sexual contact.
- Most victims are assaulted by someone they know.



What happens when I call the hotline?

You will reach a trained counselor who will listen and offer support as you decide what to do next.

The counselor will offer to have someone meet you at the hospital or police station to help you get medical attention and/or report the assault.

Vera House has specially trained nurses at several hospitals to help you. They can perform exams, collect evidence and test for pregnancy and STD's.

Remember you can always call just to talk.



What can I do if I am raped or sexually assaulted?

YOU CAN CALL VERA HOUSE:

☎ 315-422-7273

any time - day or night

We are always ready to help.



What can I do if someone I know is raped or sexually assaulted?

- Encourage your friend to call the Vera House hotline.
- Urge them to seek medical attention.
- Listen patiently and believe your friend.
- Reassure your friend that what happened was not his or her fault.
- Help your friend seek counseling.

What other kinds of help can I get at Vera House?

Vera House offers individual and group counseling for survivors of sexual assault or rape, and their family members. Counseling is available for women, men and children.

For more detailed information on rape and sexual assault, please visit our website at:

WWW.VERAHOUSE.ORG